

scottishathletics



**NATIONAL ROAD RELAY
CHAMPIONSHIPS
MEN 6 STAGE WOMEN 4 STAGE**

SUNDAY 26th MARCH 2017

LIVINGSTON (Almondvale)

supported by



**West Lothian
Council**

TIMETABLE

DECLARATIONS CLOSE	11.30am
RACE STARTS	12.00 NOON

NUMBERS

SHORT LAP (3.15 miles)	RED NUMBERS
LONG LAP (5.8 miles) Lap 2 and Lap 4	YELLOW NUMBERS
LONG LEG (5.8 miles) Lap 6	WHITE NUMBERS

M50 Men's Teams run 4 legs only and have an "X" next to their number
W50 Women's Teams run 3 legs only and have an "X" next to their number

**SCOTTISH ATHLETICS
ROAD RUNNING AND CROSS COUNTRY COMMISSION**

Convenor **John Rodger (Kilbatchan AAC)**
Hon. Secretary **Julia Henderson (Helensburgh AAC)**

OFFICIALS

Referee: **Ron Morrison**
Clerk of Course **Ted Finch**
Announcer **Adrain Stott**
Starter: **Ron Morrison**
Changeovers **Dave Cairns (Chief), Fred McCluskie, Ian Hislop**
Timekeepers: **Joe Bruce (Chief), Alan Carruthers**
Time Recorders
 Short Laps **Douglas Carruthers, Cyril McPherson**
Time Recorders
Long Laps **Elsie Oberg, Linden Nicholson**
Place Recorders
 Short Laps **Ian Mann, Anne McManus**
Place Recorders
 Long Laps **Margaret Ann McLachlan, Rachel Halliday**
Declarations: **Marion Donachie, Neil Donachie**
Declarations Input **Marjory Cook, Sandra Hardacre**
Results: **Marion Donachie, Neil Donachie**
 Marjory Cook, Ron Morrison
Presentations **Sandra Hardacre, Alex Jackson, John Rodger**
Course Marshals **Members of Competing Clubs**
Event Manager **Alasdhair Love**
Convenor **Alex Jackson**

MESSAGES

West Lothian Council fully supports the delivery of athletics in all formats. Furthermore, West Lothian Council and Scottish Athletics, in partnership with West Lothian's local athletics clubs, have a long history of successful partnership working to develop and deliver successful projects and programmes and in providing opportunities for participation and performance within athletics at all levels.

I would like to thank all partners, including Scottish Athletics and Lothian RC, for their invaluable contribution in making the National Road Relay Championships the renowned occasion that exists today. I am also delighted to recognise the progress that has been made over the long history of this event resulting in a record number of teams entering the championships this year.

I would like to wish all participants from all clubs the very best of luck for your event and I would also like to personally thank the volunteers who make this Championship, and the majority of all sporting events, possible.

Paul Stark | Active Schools and Community Sport Manager | West Lothian Council

The first Scottish Women's Road Relay Championships was held at Scotstoun in Glasgow on the 29th January 1972 under the auspices of the Scottish Women's Cross Country Union.

The Scottish Men's 6 Stage Road Relay Championship did not appear until 31st March 1979 under the auspices of the Scottish Cross Country Union. It was devised as a contingency plan for the time that the Edinburgh to Glasgow Relay would be no longer viable due to traffic. In 1998 with the advent of the Scottish Athletics Federation the men's and women's events were combined with the latter running 4 stages and the men 6.

A Master's Championship was incorporated in 2005 and an over 50 event with 4 legs for men and 3 for women was introduced in 2013. All of this can be viewed at the Road Running & Cross Country Commission's results

Archive at <http://www.salroadrunningandcrosscountrymedalists.co.uk/index.html>.

It contains details of teams, team members, venues, results, entry & finish statistics, programmes and a race analysis. This is now the 20th year that the Championships have been held in Livingston and once again we are grateful for the continued support given by West Lothian Council.

The continuity and the stability of the venue gives an extra edge to the results in that athletes, teams and even statisticians can compare performances with previous results.

We are indebted to that the many officials and helpers whose preparation and planning make this event such a success.

John Rodger | Convener, Road Running and Cross Country Commission

Women's Relay Holders.			
Senior/Junior. Central AC (4 legs)			
W40+. Gala Harriers (4 legs)			
W50+. Motherwell AC (3 Legs)			
101			
Aberdeen AAC			
1 Nicola Gauld;	2 Anisha Badial (FU20);	3 Jade MacLaren;	4 Ellie Buchan;
5 Jennifer Harrison;	6 Isla-Scott Pearce;		
102			
Airdrie Harriers			
1 Christine McMenemy (F50)	2 Marie Thse Rodgers (F45);	3 Morven Glennie;	4 Anne Smith (F50);
103,104,105,106			
Bellahouston Harriers			
1 Emily Jackson;	2 Janine Dickie;	3 Robyn Millar;	4 Suzanne Boyle;
5 Rebecca Simister;	6 Elizabeth McGrady (F55);	7 Deirdre Hoyle (F65);	8 Lynne McDowall;
9 Kristina Greig;	10 Stephanie Baird;	11 Katherine Hylands;	12 Laura Ritchie;
13 Jayne McNamara (F45);	14 Anne Macfie (F50);	15 Angela Carson (F45);	
107			
Bellahouston Road Runners			
1 Tomoyo Fujiwara (F40);	2 Ann Robin;	3 Madeline Smillie (F40);	4 Claire Wharton (F45);
5 Jane McNeilly;			
108			
Calderglen Harriers			
1 Kay Conneff (F40);	2 Alexandra Hayden;	3 Frances Maxwell (F50);	4 Julie Beveridge;
5 Karen Allen;	6 Joanne McEvoy;	7 Alison Lessells;	
109,110			
Cambuslang Harriers			
1 Erica Christie (F60);	2 Bernadette O'Neil (F45);	3 Jennifer Reid (F40);	4 Lynn Angely (F40);
5 Claire Mennie (F40);	6 Julie Dell;	7 Kirsty Anderson;	8 Paula McCabe;
9 Lesley McArdle;	10 Victoria Semple;	11 Alexandra Lamond;	12 Eve MacKinnon (FU20);
111			
Carnegie Harriers			
1 Angela Sandilands (F45);	2 Jane Macleod (F65);	3 Sarah Marshall;	4 Kirsty Baird (F45);
5 Frances Beattie;	6 Michelle Best;	7 Zuleika Brett;	8 Susan Cederstrom (F50)
9 Vicky Di Ciacca (F45);	10 Margaret Doyle (F50);	11 Morna Fleming (F60);	12 Karen Forsyth;
13 Lynne Kuz (F55);	14 Samantha Laird;	15 Egle Laurinaityte;	16 Valerie MacAulay (F55)
17 Jacqueline MacIntyre;	18 Gillian McCracken (F50);	19 Gwyneth Meadows (F45)	20 Avril O'Donnell;
21 Fiona Rennie (F50);	22 Helena Sim (F55);	23 Michelle Smart;	24 Pauline Walker (F50);
25 Susan Walker (F50);			
112,113,114			
Central AC			
1 Morag MacLarty;	2 Jennifer Wetton;	3 Fiona Thompson;	4 Lyndsay Morrison;
5 Natalie Milne;	6 Claire Houston;	7 Kimberley Timmins;	8 Fanni Gyurko;
9 Eleanor Hanson (FU20);	10 Hazel Dean (F50);	11 Patricia Milne (F50);	12 Jane Waterhouse (F60)
13 Claire McHardy;			
115,116			
Corstorphine AAC			
1 Janet Grigor (F45);	2 Gillian Carr (F40);	3 Fiona Linklater (F40);	4 Fiona Carver (F55);
5 Megan Smith;	6 Lisa Christy;	7 Jilly McKay;	8 Fiona Goulding;
117			
East Kilbride A.C.			
1 Heather Addison (FU20);	2 Kelly Baillie;	3 Gemma Kirwan (F45);	4 Anne Cairns (F50);

118,119,120			
Edinburgh AC			
1 Amanda Woodrow;	2 Susan Ridley (F50);	3 Lauren Wilson;	4 Lyndsey Fraser (F40);
5 Karen Dobbie (F50);	6 Sheenagh MacLulich (F40);	7 Rebecca Burns;	8 Rachael Dunn;
9 Laura Dunn;	10 Anne Peat (F50);	11 Jennifer MacLean (F40);	12 Sarah Cadenas;
13 Emily Dudgeon;	14 Elaine Davies (F45);		
121,122,123,124,125			
Edinburgh Univ Hare & Hounds			
1 Rhiannon Kirk (FU20);	2 Sophie Collins;	3 Lydia Blythe (FU20);	4 Kirstin Bamford (FU20);
5 Emily Riddell;	6 Rachel Stewart;	7 Eve MacKinnon (FU20);	8 Katie Hall (FU20);
9 Amy Bristow;	10 Stephanie Pennycook;	11 Linn Gjesdal;	12 Louise Mercer;
13 Christine Irvine;	14 Jennifer Glass (FU20);	15 Caroline Jaschke;	16 Carla Willars;
17 Olivia Morgan;	18 Lise Theron (FU20);	19 Iona Evans;	
126			
Falkirk Victoria Harriers			
1 Fiona Matheson (F55);	2 Monica Anderson (F45);	3 Allison Christie (F40);	4 Janette Stevenson (F65)
127			
Ferranti AAC			
1 Alison Arnold (F40);	2 Julia Drewer;	3 Claire Gilchrist (F50);	4 Elizabeth Gilchrist (F70);
5 Julia Loecherbach;	6 Siobhan Sellar (F45);	7 Pascaline Mollard;	8 Katie Sampson;
128,129,130,131,132			
Fife AC			
1 Andrea Burke Rae;	2 Megan Crawford;	3 Ailsa Cruickshanks (FU20)	4 Jennifer Cruickshanks;
5 Angela Howe (F45);	6 Katie Jones;	7 Alison McGill;	8 Keren Macpherson (F50)
9 Elise Methven (F40);	10 Stephanie Pennycook;	11 Halina Rees;	12 Hilary Ritchie (F50);
13 Helen Sharpe;	14 Annabel Simpson (FU20);	15 Jennifer Spence;	16 Lynne Stephen (F55);
17 Fiona Bracegirdle;	18 Innes Bracegirdle (F60);	19 Addy Gerrard (F55);	20 Margaret Martin (F60);
21 Annabel Personeni (FU20);	22 Rhona Van Rensburg (F45);	23 Kirsti Sharratt (F45);	24 Eilidh Smyth (FU20);
25 Sandra Tulloch (F40);	26 Morgan Windram-Geddes	27 Susan Whisler (F60);	
133,134,135			
Gala Harriers			
1 Eileen Maxwell (F50);	2 Eileen Nicol (F50);	3 Lindsay Dun (F50);	4 Dawn Grant (F45);
5 Kirstin Maxwell;	6 Kate Jenkins (F40);	7 Fiona Dalgleish (F45);	8 Gillian Duncan (F45);
9 Rachel Fagan (F40);	10 Anya Campbell (F45);	11 Sara Green;	12 Joeleen Mckean;
13 Dianne Lauder (F40);	14 Jennifer Forbes (F45);		
136,137			
Garscube Harriers			
1 Jill O'Neil (F40);	2 Lynne McDougall (F50);	3 Isabella Sheldon (FU20);	4 Charlotte Wilson;
5 Emma Blair;	6 Mary Senior (F40);		
138			
Giffnock North AAC			
1 Jill Smylie;	2 Sheila Lewis (F50);	3 Yvonne McNairn;	4 Mary McCutcheon (F50);
139,140			
Hunters Bog Trotters			
1 Joanna Carter;	2 Carrie Craig;	3 Briony Curtis;	4 Katherine Golding;
5 Claire Gordon (F40);	6 Bex Harding;	7 Amelia Hope-Jones;	8 Amy Jennings;
9 Morag McLelland;	10 Shona McIntosh;	11 Eilis McKeachie;	12 Mairead Kelly;
13 Ali McNeillage (F45);	14 Megan Mowbray (F40);	15 Phyllis O'Brien (F55);	16 Sarah O'Neil;
17 Alice Paterson (F40);	18 Anna Weston;	19 Georgia Rogers;	20 Rosie Smith;
21 Sheila Strain (F65);	22 Jillian Stephen;	23 Kata Tar;	24 Lucy Taylor;
25 Katie Walling;	26 Claire Ward;	27 Megan Wright (F40);	28 Jenny McCall;

141,142			
Inverness Harriers AAC			
1 Sarah Liebnitz;	2 Caroline Marwick;	3 Jenny Bannerman;	4 Gemma Cormack;
5 Julie Wilson (F45);	6 Catriona Fraser;	7 Helen Gertig;	8 Lesley Hanson;
9 Roma Shepherd (F40);	10 Jackie Mair (F50);	11 Ann Smart (F50);	12 Heather Gardiner (F45)
143,144			
Kilbarchan AAC			
1 Caroline Cochran (F45);	2 Catherine Stewart;	3 Chloe Simpson (FU20);	4 Christina Rankin;
5 Elaine Eadie;	6 Hayley Haining (F45);	7 Holly Thompson (FU20);	8 Iona Miller (FU20);
9 Jemma Reekie (FU20);	10 Jennifer Rooney;	11 Kerry MacAngus (FU20);	12 Laura Stark (FU20);
13 Sandra Houldsworth;	14 Sharon Hastie (F40);		
145,146			
Kilmarnock H&AC			
1 Paula Wilson (F45);	2 Sandra Dickson (F45);	3 Elizabeth McDerment (F45);	4 Kirsty Alexander (F45);
5 Rosemary McMillan (F55);	6 Stephanie Hewitt;	7 Laura Haggarty;	8 Kara Tait;
9 Amanda Bryden;	10 Lynne McCaffrey;	11 Laura Carruthers;	12 Susan Beattie (F55);
13 Kirstin Dale;	14 Stephanie Dale;	15 Kate Todd (F65);	
147			
Kirkintilloch Olympians			
1 Ada Stewart (F50);	2 Vivien Fraser (F50);	3 Pamela Parker (F50);	4 Elaine Hogg (F45);
5 Shirley McNab (F50);	6 Ausrine Ward;		
148,149			
Lothian Running Club			
1 Sarah Inglis;	2 Siobahn Coleman;	3 Mhairi Inglis;	4 Mel Zobel;
5 Jo Williams;	6 Christine MacVarish (F45);	7 Kirsty McMeechan;	8 Cara McCafferty (FU20);
9 Chloe Cox;	10 Christine Milne (F45);	11 Kirsty McMeechan;	12 Lana Turnbull;
13 Bethany Nelson;	14 Saran Jones (F50);	15 Jocelyn Moar;	16 Carol Mabon (F60);
17 Margaret Turnbull (F55);	18 Shona Young (F50);	19 Kathleen Dempsey;	20 Jacqueline Corless (F40)
21 Linda Garratty (F40);			
150,151,152			
Metro Aberdeen Running Club			
1 Claire Bruce;	2 Jill Bonthron;	3 Erin Rendall;	4 Kayleigh Jarrett;
5 Jayne Addie (F40);	6 Joanna Geddes;	7 Vicki Inglis;	8 Kathryn Firth;
9 Naomi Sharp;	10 Kara McCurrach;	11 Valerie Wilson (F50);	12 Claire Smith (F45);
13 Petra Hampton;	14 Sarah Milne;	15 Tina McLeod (F40);	16 Sarah Knox (F45);
17 Rebecca Ward;	18 Lisa McShea (F40);	19 Amy Mackie (F45);	
153,154,155			
Motherwell AC			
1 Phyllis Hands (F60);	2 Clare Hughes;	3 Elaine Jamieson (F45);	4 Gillian McCaffer (F40);
5 Susan Stewart;	6 Mae McIsaac (F60);	7 Tracey Lamont (F40);	8 Patricia Allen (F65);
9 Joyce Allardice (F50);			
156,157			
PH Racing Club			
1 Natalie Brown;	2 Hannah Devey (F40);	3 Rachel Drummond;	4 Suzanne Gray (F40);
5 Karen Kennedy (F45);	6 Zoe Stuart;	7 Mary Western (F50);	8 Alison Whyte (F45);
158,159			
Shettleston Harriers			
1 Vanessa Coffey;	2 Jessica Martin;	3 Ruth Joss;	4 Kathryn Pennel;
5 Avril Mason (F40);	6 Charlene Sophia Manley;	7 Oonagh Dunnett;	8 Fionnuala Ross;
9 Christie Ford;	10 Clara Horswell;		
160			
Strathclyde Univ Harriers			
1 Claire Sloan;	2 Maddy Watson;	3 Eilidh Smyth (FU20);	4 Joanna Reid;
161			
Teviotdale Harriers			
1 Lauren Corbett;	2 Michelle Short;	3 Kirsty Hughes (F40);	4 Rachel Harris;

Mens Relay Holders.			
Senior/Junior. Ron Hill Cambuslang H (6 legs)			
M40+. Ron Hill Cambuslang H (6 legs)			
M50+. Ron Hill Cambuslang H (4 Legs)			
1,2,3			
Aberdeen AAC			
1 James Joy;	2 Michael Ferguson;	3 Andrew Ferguson Jnr;	4 Fraser McGillivray;
5 Steven Murray (MU20);	6 Rory Muir;	7 Stewart Millar (MU20);	8 Euan Webster;
9 Fearghas Thomson;	10 Fraser Cruickshank (MU20);	11 Matthias Flamenco (MU20)	12 Alasdhair Love;
13 Tyler White (MU20);	14 Craig Osborne (MU20);	15 Will Mackay;	16 Rory Stead;
17 Aaron Odentz (MU20);	18 Athol Burnett (M55);		
4,5			
Airdrie Harriers			
1 Mark Connelly (M40);	2 Ian Davey;	3 Steven Phillips;	4 Iain Chisholm (M50);
5 Alan Burns (M40);	6 Marc Cummings (M40);	7 Francis Cullen;	
6,7,8,9			
Bellahouston Harriers			
1 Darren McQuade;	2 Fraser Armstrong (MU20);	3 Mark Porter;	4 Paul Houston (M45);
5 Cris Walsh (M45);	6 Francis Gilroy (M50);	7 Paul Clawson;	8 Gregor Yates;
9 Calum Ferguson (MU20);	10 Robbie Ferguson (MU20);	11 Stuart Miller;	12 Robert Carson (M65);
13 David Mackintosh;	14 John Whitener;	15 Colin Thomas;	16 David Mitchell;
17 Craig Lamont;	18 Alastair Sinclair (M55);	19 Chris Paton;	20 Ian Sim;
21 Gordon Stevenson (M45)	22 Thomas Keenan (M60);	23 Ian Anscombe (M40);	24 Paul Burningham (M40);
10,11			
Bellahouston Road Runners			
1 Iain Burns;	2 Bruce Carmichael (M40);	3 Greig Glendinning (M45);	4 Anthony McParland (M45);
5 Graeme Paterson (M40);	6 Russell Whittington (M45);	7 Andrew Allen (M50);	8 Andrew Campbell (M40);
9 Christopher Doak;	10 Peter Gallanagh (M45);		
12,13			
Calderglen Harriers			
1 Russell Couper (M50);	2 Alan Derrick (M50);	3 Andrew Henderson (M60);	4 Charlie Mcdougall (M65);
5 David Watt (M55);	6 Richard Lawton (M40);	7 Gordon McInally (M50);	8 Edward Reid (M50);
9 Jim Holmes (M45);	10 Kenny Leinster (M55);	11 Stuart Waugh (M65);	12 Martin Duthie (M50);
13 Mark Saez (M40);	14 Kevan Harvey;	15 Martin Howell (M45);	16 Gerard Mullen (M55);
17 Stephen Phimister (M45)	18 Ian Rae (M50);	19 Graham Ramage (M45);	20 David Searil (M60);
21 Joseph Shields;	22 Hugh Simpson (M55);	23 Charles Steven (M55);	
14,15,16,17,18,19			
Cambuslang Harriers			
1 Iain Burke (M65);	2 Francis Hurley (M60);	3 Colin Feechan (M55);	4 Des Dickson (M55);
5 Edward Carr (M55);	6 David Thom (M55);	7 Peter Fleming (M55);	8 Alick Walkinshaw (M55);
9 Stan MacKenzie (M50);	10 Chris Upson (M50);	11 Daniel O'Connell (M50);	12 Kenny Macpherson (M45);
13 Michael O'Hagan (M45);	14 Tony Mccutcheon (M45);	15 John Kelly (M45);	16 Frank McGowan (M45);
17 Kerry-Liam Wilson (M45)	18 Brian Campbell (M45);	19 Craig Harrow (M45);	20 David Stirling (M45);
21 Brian Douglas (M40);	22 Justin Carter (M40);	23 Jamie Reid (M40);	24 Scott Hunter (M40);
25 Michael Barker (M40);	26 Kenneth Campbell (M40);	27 Robert Gilroy (M40);	28 Paul Kernohan (M40);
29 Iain Reid (M45);	30 Simon Gold;	31 Martin Williams;	32 Benjamin Hukins;
33 Shazad Hakeem;	34 Gordon Robertson;	35 Stuart Gibson;	36 Shaun Butler;
37 Richard Carr;	38 Colin Reilly;	39 Alistair Campbell;	40 Alasdair Campbell;
41 Kyle McLellan;	42 Bobby Bristow;	43 Grant Sheldon;	44 Ryan Thomson;
45 Ross Stephen;	46 Craig Jardine (MU20);	47 Jack MacGregor (MU20);	48 Scott Somerville (MU20);
49 Paul Morrison (MU20);	50 Gavin Smith (MU20);	51 Scott McKay (MU20);	

20,21,22,23,24,25			
Central AC			
1 Colin Alexander (M40);	2 Simon Barlow (M45);	3 Scott Brember (M40);	4 Hugh Buchanan (M55);
5 Andrew Butchart;	6 Neil Cameron (M45);	7 Aidan Cameron (MU20);	8 Cameron Campbell (M55);
9 Dale Colley;	10 Richard Coombs (M45);	11 Jamie Crowe;	12 Iain Davies (MU20);
13 Iain Dunsmore (M45);	14 David Eckersley (M50);	15 Liuca Fanottoli;	16 Allan Gall (M60);
17 Charles Graham-Marr (M55);	18 Scott Green;	19 Alastair Hay;	20 Kenneth Hislop;
21 Ross Houston;	22 Alan Hume (M40);	23 Ewan Jack (M45);	24 Hugh Kerr (M55);
25 David Lindsay;	26 Fraser Logan;	27 Mark Logie (M45);	28 Fraser MacPherson (MU20);
29 Liam McCabe (M55);	30 Christopher McHardy;	31 Ross McNaught;	32 John Millar (M65);
33 Lewis Millar;	34 Ruairidh Miller;	35 Cameron Milne;	36 Raymond J Milne (M50);
37 Robin Mussett (M50);	38 Robert Russell;	39 Bradley Scott (MU20);	40 Chris Smithard;
41 Matthew Sutherland;	42 Aidan Thompson (MU20);	43 Jamie Wastling (MU20);	44 Tom Watson;
45 Stuart Watson (M55);	46 Michael Wright;		
26			
Clydesdale Harriers			
1 Robert Young (M70);	2 Iain Robertson;	3 Graeme Wiseman (M40);	4 Ryan Nelson;
5 Tony Dolan;	6 Ryan Savage;	7 Michael Diver (M50);	8 Pete Cartwright (M70);
27,28,29,30,31,32			
Corstorphine AAC			
1 Moray Anderson (M40);	2 Peter Black;	3 Mickey Breen;	4 Alastair Brockie;
5 Martin Caldwell (M60);	6 Alan Cameron (M45);	7 Stuart Campbell (M45);	8 Dean Carr (M40);
9 Bryan Clark;	10 Gordon Clarke (M40);	11 Howell Craske;	12 Dermot Cummins;
13 Tom Cunningham;	14 Graeme Fletcher (M55);	15 David Hall;	16 James Harrison;
17 David Henderson (M55);	18 Keith Hood (M40);	19 Stuart Livingstone;	20 Calum McKenzie;
21 Douglas McKinnon;	22 Iain Macleod (M45);	23 Ian McPherson (M45);	24 Gary Morrison;
25 Christopher O'Brien;	26 Steven O'Brien;	27 Chris Peggie;	28 Scott Pilkington;
29 Neill Porterfield (M40);	30 Chris Poxton;	31 Douglas Selman;	32 Ewan Stark;
33 Callum Thom;	34 Gordon Whall;	35 Thomas Wilson;	36 Aaron Hoyle;
37 Ross Milne;	38 Tom Ferrington (M40);		
33			
Dumfries Running Club			
1 Leslie Hill (M55);	2 David Burns (M55);	3 Brian Mohan (M50);	4 Sandy Shankland (M60);
5 Andrew Dickson (M50);	6 Stephen Mohan (M55);	7 Michael Jardine (M50);	8 Bob Quin (M55);
34			
East Kilbride A.C.			
1 Martin Lynas (MU20);	2 Luke Kirwan (MU20);	3 Jamie Clements;	4 John Fergusson;
5 David Thomson;	6 Niall Walker;	7 Grant Baillie;	8 Graeme Haddow (M55);
9 David Gorman;	10 Christopher White;	11 Ross Grant;	12 Gerard O'Neil (M40);
13 Vincent Hastings;	14 Jack Kirwan;	15 Vincent Glennon (M45);	
35,36,37,38			
Edinburgh AC			
1 Joshua Arthur;	2 Joseph Arthur (MU20);	3 Michael Barton (M40);	4 John Blair (M50);
5 Gavin Bryson (MU20);	6 Peter Cameron;	7 Richard Clark (M40);	8 Michael Christoforou;
9 Dave Clements (M45);	10 David Cross (M50);	11 Adam Chmielowski (M40);	12 Chris Creegan (M55);
13 Richard Cockbain (M40);	14 Martin Ferguson (M50);	15 Robert Hamilton (M55);	16 Kevin Hamilton;
17 Eoghain Hoare;	18 Andrew Latham (M50);	19 John Lenehan;	20 Richard Meade;
21 Nairn McWilliams;	22 Iain Macdonald;	23 Matthew Newnham (M55);	24 Richard Paddock;
25 Alex Quayle;	26 Callum Reid;	27 Neil Renault;	28 Garry Robertson (M55);
29 Terry Roberts;	30 Peter Simpson;	31 Iain Whitaker;	32 Jake Wightman;
39,40			
Edinburgh Univ Hare & Hounds			
1 James Dunn;	2 Scott Stirling;	3 Gregor Malcolm (MU20);	4 Alex Luetchford;
5 Elisha de Mello;	6 Thomas Otton (MU20);	7 Brendan Hancox (MU20);	8 Andrew Lawler;
41,42			
Falkirk Victoria Harriers			
1 Mark Johnstone (M45);	2 Craig Johnston (M45);	3 Andrew Ronald (M45);	4 John Shanks;
5 Gordon Dewar (M50);	6 Stuart Douglas;	7 Stewart Christie (M50);	8 Wallace Grieve (M50);
9 Grant Matheson (M50);	10 Malcolm Finlayson (M50);	11 Gordon Crawford (M50);	12 Steven George;

43			
Ferranti AAC			
1 Edward McDonald (M65);	2 Alex Bell (M55);	3 Robert Miller (M50);	4 Grant Sellar (M50);
5 Paul Caban (M50);	6 Stephen Reid (M50);	7 Iain Shaw (M50);	8 Keith Nicol (M60);
9 Kenneth Moore (M55);	10 James Shaw (M80);	11 Ross Anderson (M55);	12 Andreas Drewer (M40);
13 John Gavin (M65);			
44,45			
Fife AC			
1 Sam Fernando (MU20);	2 Jimmy McIntyre (M45);	3 Daniel Newman (M45);	4 Akira O'Connor;
5 Harvey Rankin (MU20);	6 Logan Rees (MU20);	7 Tristan Rees (MU20);	8 Gary Barker (M60);
9 Rick Booth (M40);	10 Stephen Clark (M40);	11 Juan Coderch (M50);	12 Ross Coron;
13 Alan Gibson (M55);	14 Kenny Gorman;	15 Ian Hawkins (M50);	16 Jacob Howe (M40);
17 Gregor Malcolm (MU20);	18 Neil Millar (M45);	19 Owen Miller;	20 Derek Rae;
21 Roger Rees (M45);	22 Rory Scott;	23 Brian R Smith (M55);	24 Paul Webb (M40);
46,47,48			
Gala Harriers			
1 Craig Mattocks (M40);	2 Marcus D'Agrosa;	3 Colin Welsh;	4 Gary Trewartha (M40);
5 Andrew Lawrie;	6 Rory Campbell (M45);	7 Ian Maxwell (M55);	8 Derrick Brydon (M45);
9 Bob Johnson (M55);	10 Darrell Hastie;	11 Damien McNulty;	12 Graeme Murdoch;
13 William McCulloch (M55);	14 David Nightingale (M60);	15 Anthony Lunn (M50);	16 Magnus Inglis (M40);
17 Calum Stewart (M45);	18 Jamie McGowan (M40);	19 Matthew Aplin;	
49,50			
Garscube Harriers			
1 David McKay;	2 David Lindsay (M40);	3 Alan Blair;	4 Daniel Burns;
5 Barrie Johnstone (M40);	6 Del Young;	7 Stephen Porteous;	8 Alasdair McMillan;
9 Alasdair MacIver;	10 David Geddes (M60);	11 Craig Shields;	12 Ade Kearns (M55);
13 Norman Baillie (M65);	14 Neil Douglas;		
51			
Giffnock North AAC			
1 Luke Chamberlain (M40);	2 David Sawyer (M40);	3 Michael Hampson (M50);	4 Andrew Clark;
5 Grant Muir;	6 Chris Greenhalgh (M40);	7 Christopher Smith (M50);	
52,53,54			
Hunters Bog Trotters			
1 Alasdair Anthony;	2 George Ashley;	3 Will Hugh Bailey;	4 Michael Bareford (M40);
5 Ian Campbell (M50);	6 Oleg Chepelin;	7 Ewan Crawford;	8 Paul Cross;
9 Andrew Cummings;	10 Daniel Clements;	11 Richard Dougal;	12 Robert Flett (M45);
13 David Fulton;	14 Peter Gardner;	15 Patryk Gierjatowicz;	16 Allan Gordon (M70);
17 Michael Grant;	18 Simon Harrison;	19 Alistair Hart (M45);	20 Alistair Hindle (M45);
21 Peter Hodgkinson;	22 David Hope-Jones;	23 Craig Hunter (M55);	24 James Jarvis (M45);
25 Huw Jones;	26 Steven Laverty;	27 Tom Martyn;	28 David Matthews;
29 Peter McClelland;	30 John McManus;	31 Stuart Mounce;	32 Phillip Mowbray (M40);
33 Donald Naylor (M45);	34 Ivor Normand (M50);	35 Brian Pendreigh (M55);	36 Mark Rhynes;
37 Paul Sleggs;	38 Murray Strain;	39 Neil Thomas (M45);	40 Jim Thyne (M60);
41 Doug Tullie;	42 William Townsend;	43 Craig Walling;	44 Dave Ward;
45 Ray Ward (M40);	46 David Wright (M40);	47 Andrew Sims;	48 James Bryson;
55			
Inverclyde AC			
1 John Bell;	2 Jude Boulton (M40);	3 Stephen Cooke;	4 Andrew Douglas;
5 Gerard Gaffney (M60);	6 Sean Gaffney;	7 Nicholas Gemmell (M40);	8 Jon Hammerman;
9 David Henderson;	10 Graeme Hyett;	11 Thomas Jamieson;	12 Jason Kane;
13 Gavin Morrison (M50);	14 John Muir (M40);	15 Mark Pollard;	16 Craig Ruddy;
17 Robert Shaw (M60);	18 David Tamburini (M40);	19 Craig Winter (M45);	20 Ross Gray (MU20);
56,57			
Inverness Harriers AAC			
1 Gordon Lennox;	2 Graham Bee;	3 Donnie Macdonald;	4 Stephen Mackay (M50);
5 Craig Campbell;	6 Christopher Fife;	7 Paul Davidson;	8 Finlay MacLennan;
9 Michael O'Donnell;	10 John Newsom;	11 Paul Miller (M45);	12 Ross Cairns (M40);

58,59			
Irvine Running Club			
1 Mark Livingstone (M45);	2 Paul Lafferty;	3 Alex Allardyce (M45);	4 James Sneddon (M50);
5 George Irving (M50);	6 Alan Douglas;	7 John Miller;	8 Tommy Begley (M45);
9 Douglas Connery (M50);	10 John Surgenor (M60);	11 James White (M65);	12 Joseph McNamee (M55);
60,61			
Kilbarchan AAC			
1 Alan Craig (M45);	2 Callum Matthews;	3 Conor Thomson (MU20);	4 Derek J Hawkins;
5 Donald Petrie (M55);	6 Euan Carrick;	7 Ewan McKerral (MU20);	8 Giovanni Pagliocca;
9 Grant Sandilands;	10 Norman Groves;	11 Robert McCulloch (M50);	12 Robert Quinn (M50);
13 Scott MacAulay;	14 Scott McLardie (MU20);	15 Steven Hill;	16 Paul Tucker;
62,63			
Kilmarnock H&AC			
1 James Wales;	2 Connell Drummond (M40);	3 Scott Martin (M45);	4 Richard Mair;
5 Murray McDonald;	6 Neil Walker;	7 Stephen Emerson;	8 Douglas Dickson (M50);
9 Colin Glencorse (M40);	10 William Duffy (M50);	11 Craig Ferguson;	12 Brian Darroch (M45);
13 Mark Alexander;	14 Gavin Hogarth;	15 Scott Lyden;	16 Stewart McRoberts;
17 John Parker (M55);			
64,65,66,67			
Kirkintilloch Olympians			
1 James Gallacher (M55);	2 Howard Elliott (M45);	3 Robert Kennan;	4 Paul Reilly (M45);
5 Sean Casey (M45);	6 Vincent Carroll (M45);	7 David Hogg (M45);	8 Graham McCabe (M45);
9 Paul O'Hare (M40);	10 Robert Bartley (M40);	11 Euan Craig;	12 Gary Mitchell (M45);
13 Edward McLoone;	14 Mark Welsford (M40);	15 Daniel Chandler (M40);	16 Martin Fitchie (M40);
17 Martin Paton;	18 Louis O'Hare (M40);	19 Robert Rogerson (M55);	20 Colin Simpson (M60);
21 Aidan McCaffrey (MU20);	22 Derek Martin (M45);	23 Alastair Dunlop (M60);	24 Martyn Glancy;
25 Gordon Humphreys (M40);			
68,69			
Law & District AAC			
1 Christopher Barbour (M60);	2 Shaun Burke (MU20);	3 Conor Butters (MU20);	4 Kevin Campbell;
5 Kieran Cubis (MU20);	6 William Drysdale (M80);	7 Riccardo Faccenda;	8 Luke Foss (MU20);
9 Ben Fountain (MU20);	10 Anthony Higgins (M45);	11 Ross Hill;	12 Bobby Hill;
13 Scott Jackson (M45);	14 Patrick Kelly (M70);	15 Ross Macdonald;	16 John McGrath (M50);
17 Jamie McMorrow;	18 Darran Muir;	19 Fergie Robson (M45);	20 James Rowley (M65);
21 William Scoular (M65);			
70,71,72			
Lothian Running Club			
1 Euan McInnes (M40);	2 Malcolm Lang (M40);	3 Alan Knowles (M40);	4 Colin Partridge (M40);
5 Owen Williams;	6 Joshua Dack;	7 Scott Nelson (M45);	8 Alan Moffat (M40);
9 Stig Walsh (M45);	10 Neil Graham (M45);	11 William Moffat (M40);	12 Martin Leadbetter (M60);
13 Kevin Godfrey (M50);	14 Calum Ross (M50);	15 Pol MacDonald (M45);	16 Stephen Malcolm (M45);
17 Paul Young (M45);	18 Harry Mulholland (M50);	19 Kenny Mearns (M55);	20 Gerard McCafferty (M50);
21 Kenton Jones (M50);	22 Ted Finch (M65);	23 James Alexander (M50);	24 Peter West (M60);
25 Andrew King;	26 Ryan Ferguson;		
73,74,75,76,77			
Metro Aberdeen Running Club			
1 Grant Allan;	2 Craig Anderson (M45);	3 Hamish Battle;	4 Tom Brian;
5 Phillip Brown;	6 Jonathan Creese;	7 Keith Farquhar (M55);	8 Kyle Greig;
9 Peter Jennings (M60);	10 Michael Kane (M50);	11 Rankin Lascelles;	12 Kevin Mackie (M40);
13 David MacIennan;	14 Phil Mann (M55);	15 Tony McGarva (M50);	16 Jonny McIntosh;
17 Stuart Milne;	18 Nick Milovsorov (M50);	19 Graham Moar (M40);	20 Steven Morrison;
21 Colin Munday (M40);	22 William Gavin Reid (M50);	23 Chris Richardson;	24 Brian Robb;
25 Dino Roussias (M40);	26 Robert Taylor (M55);	27 Andrew Thompson (M40);	28 Craig Thornhill;
29 Jim Tole (M40);	30 Mark Waldron (M45);	31 Ben Ward;	

78,79,80			
Motherwell AC			
1 David Gardiner (M45);	2 Allan Cameron (M40);	3 Mark Paterson (M40);	4 Alan Tait (M40);
5 Stephen Allen (M45);	6 Mark Hand (M40);	7 Mark Gallacher (M45);	8 Ewen Cameron;
9 Jim White (M40);	10 Christopher MacDonald;	11 Neil Richardson (M40);	12 John Hughes (M55);
13 Brian McLinden (M60);	14 Ben Smith (M40);	15 Robert Pattinson (M45);	16 Benjamin Hands (M55);
81,82,83,84,85			
PH Racing Club			
1 Wright Beveridge (M45);	2 Martin Butcher;	3 Jonathan Campbell;	4 Darren Candlish;
5 John Cassells (M45);	6 Alan Cockburn (M50);	7 Michael Combe;	8 Dennis Howett (M50);
9 Ian Robert Johnston (M55)	10 Darren Jubb;	11 Arron Leitch;	12 Scott Love;
13 Stuart Mackay;	14 Martin McNellis (M50);	15 Robert Milton (M50);	16 Ed Norton (M65);
17 Jonathan Peebles;	18 Robert Sellar (M40);	19 Peter Simpson (M55);	20 Andrew Smith;
21 Colin Somerville;	22 Iain Taylor (M45);	23 Calum Vallance (M50);	24 Tommy Lawrence (M45);
25 Andrew Jannetta;	26 Wallace Mitchell;	27 Ryan Lafferty;	28 Paul Dunning (M45);
29 Roger Clark (M45);	30 James Traynor;		
86			
Pitreavie AAC			
1 Ben Potrykus;	2 Evan Ross (MU20);	3 Andrew McNair (MU20);	4 Jeff Farquhar (M55);
5 Corey Smith (MU20);	6 Colin Lamont;		
87,88,89,90,91,92			
Shettleston Harriers			
1 Adam Peters;	2 Michael Deason;	3 Daniel Bradford;	4 Alasdair McLeod;
5 Kevin Brydon;	6 Tewoldeberhan Mengisteab;	7 Anton Manley (M40);	8 Kevin Slaven;
9 Nasser Babazadeh (M50);	10 Lachlan Oates;	11 Wayne Ghebresilassie;	12 Scott Kennedy (M45);
13 John Milligan (M40);	14 Brendan Docherty (M40);	15 Stephen Clark;	16 John J Duffy (M50);
17 Peter Conroy;	18 Duncan McCauley;	19 Adriano Bottini;	20 John Oates (M55);
21 William Bardsley (MU20);	22 Peter Mackie (M40);	23 Paul Sorrie;	24 Mark McColl;
25 Gerry Mason (M50);	26 Kenny Richmond (M45);	27 Peter Avent;	28 Jethro Lennox (M40);
29 Matthew Sullivan;	30 Grant Boyne;	31 Denis Williams (M50);	32 David I Houston;
33 Andy Little (M50);	34 William Breckenridge (M50)	35 Thomas Owens;	36 Andrew Jackson;
37 Lachlan Calder;	38 Robert Simpson;	39 Lucas Cheskin;	40 Stephen Winter (M40);
41 John Connaghan (M45);	42 Walter Henderson (M45);	43 Ross Cruickshanks;	44 Kenny Richmond (M45);
45 William Coyle (M50);	46 Matthew Turner;	47 Michael Paxton;	48 Andrew Kirkhope (M55);
49 Gary Turner;	50 Jules Blanc;	51 Martin Vernon (M55);	52 Ross Gollan (MU20);
53 Daniel Eddison;	54 Joe Symonds;	55 Adam Lee;	56 Brian McGarrity;
93			
Strathearn Harriers			
1 Wattie Mackay (M50);	2 Ben Murphy;	3 Richard Collingwood;	4 Charles Grimson (MU20);
5 Aaron Dawson;	6 Tony Wayte (M55);	7 Gary Brock (M45);	8 Gordon Morrison (M60);
9 Roger Goddard (M40);	10 Andrew Greaves (M40);		
94,95			
Teviotdale Harriers			
1 Alan Inglis (M45);	2 Andrew Goodair (M45);	3 Andrew Gibson;	4 Greg Walker;
5 Alan Coltman (M50);	6 Bruce Hughes;	7 Derek Scott;	8 Alister Biggar (M45);
9 Kyle Potts;	10 Scott Watson;	11 Alastair Walker (M60);	
96			
University of Strathclyde			
1 Craig Nolan;	2 Kieran Pugh;	3 James Pettigrew (MU20);	4 Harry Pulham;
5 Toby Corner;	6 Ian Coghill;		
97			
VP-Glasgow AC			
1 Gerard Craig (M45);	2 Martin Hayes;	3 Callum Heirs;	4 Jamie MacKinnon (MU20);
5 Max Milarvie (MU20);	6 Kieron Rafferty;	7 Max Ralston;	8 Allan Ramsay;

From 2017

Marshal Stations

Essential points are ringed

Livingston North
Station

CP



West Lothian
Council

National Road Relay Championships

Men 6 stage. Women 4 stage.

Almondvale, Livingston

12 noon start

Key	
Road	
Asphalt Footpath	
Cinder Footpath	
Railway	
Long Lap	
Short Lap	
Cut Off	
Miles to go markers	

Scale in Metres

